

Time	Lead Teacher	References & Cues	Assistant Teacher	Equipment Needed
0-1 Min	<p>Entry to polyspot circle. Children each sit on a polyspot.</p> <p>Review rules of the polyspot circle:</p> <ul style="list-style-type: none"> • <i>Sit criss/cross applesauce</i> • <i>do not move your polyspot</i> <p><i>“When I say freeze, what do we do? Put your eyes on me, turn listening ears on and make the puffy cheeked monkey face. Great job 😊”</i></p>	<p>Polyspot Picture Card</p> <p>Dribble Task Card</p>	Set up dribble stations	<p>1 playground ball for each child</p> <p>2 orange polyspots and CD player</p>
1-3 mins	<p>Warm up: Animal Action 1</p> <p>Play Animal Action Song. While the music is playing, have the students walk around the polyspot circle and clap to the beat. The teacher should lead them around. Listen for the cues.</p> <p>When you hear the cues, have the children do a movement that is appropriate for the animal action called out such as move like a snake.</p> <p>To move like a snake, the students can make a snakehead with their hands together and make an “S” pattern with their hands (back and forth) walking around the circle and “hissing”. Continue to walk and clap when the music starts again and make appropriate animal actions along with the song.</p>	Warm up CD track number 2	Continue set up	<p>Place 2 orange polyspots directly in front 1 small hula hoop. Make sure that the students will be facing the center of the room when standing on spots.</p> <p>Place the playground ball in the hula hoop.</p>
Transition	Have students sit back on her/his individual polyspot			

<p>3:15-5:15 mins</p>	<p>Demonstration: The Bounce</p> <p><i>“Yesterday, boys and girls, we practiced being bowlers. Today we are going to bounce a ball like a basketball player. Do any of you like to play or watch basketball? When a basketball player dribbles they need to start with the ball in their favorite hand, bend their knees a little bit and then let the ball hit the ground near their foot. With a lot of practice you could dribble like a basketball player. Here is what it looks like watch me.”</i></p> <ul style="list-style-type: none"> • Using your finger pads of your favorite hand, bounce the ball just outside the pinky toe of the same side foot (right/right or left/left depending on which hand you use). • The ball should bounce waist height. • Try to complete 4 dribbles. <p>(Demonstrate without speaking with a front view and a side view)</p> <p><i>“Did anyone notice how high the ball bounced? To my belly, great job! Did you also see that used my fingertips and not my whole hand? I bet you can do that too! But in order to dribble like a basketball player we need to practice and work our way up to that. Here is what we are going to do first:</i></p> <ul style="list-style-type: none"> • <i>We are going to start with our knees on our orange spots, like this (go on the ground and</i> 	<p>Bounce Skill Card</p>	<p>Continue set up</p>	
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	<p><i>put both knees on two orange polypots).</i></p> <ul style="list-style-type: none"> • <i>Then we are going to use two hands to bounce the ball into a hula hoop and two hands to catch the ball, 1 time, like this. (bounce the ball into the hoop and catch).</i> • <i>When I say go, I want each of you to walk slowly to two orange polypots and kneel on them like me. Ready, go”</i> 			
<p>30 secs</p>	<p>Transition from polypot circle to each student’s dribbling spot.</p>			
<p>5:15- 15:15 mins</p>	<p>Progression 1: From knees, 2 hands bounce and catch Progression 2: Standing</p> <p>Progression 1:</p> <ul style="list-style-type: none"> • From the knees (each knee on an orange polypot), bounce a playground ball with two hands into the hula hoop and catch it 1 time for 10 bounce and catch sequences (with a pause) total. • The hula hoop is directly in front of the student. • The teacher can decide if the students will bounce and catch to the teacher’s cadence or on their own rhythm. • Repeat 3 times for 30 total trials. <p>Progression 2: Same as progression 1 except now the student is standing on the polypots. The students’ feet should not move unless they lose control of the</p>	<p>Dribble Task Card</p> <p>CUES: Bounce and catch, use two hands.</p> <p>CUES: Bounce and catch, use two hands.</p>	<p>Assist the Lead teacher in providing cues, feedback and ensuring all students are on-task</p>	

	ball. Repeat 3 times for 30 total trials.			
30 sec	Transition back to polyspot circle			
15:30 - 17:30 mins	<p>Locomotor Break: “Teacher says” Teacher says is Simon says using the teacher’s name. The goal of teacher says is to get the students moving using various locomotor skills. Make sure the students do not trip on any of the dribble stations so keep Teacher says near the polyspot circle and the middle of the room. Set up four cone boundaries to let the students know where they must stay to be safe.</p> <p>Some sample teacher says: “teacher says run in place as fast as you can” “teacher says hop on your favorite foot in place” “teacher says hop on the other foot” “teacher says skip around the circle”</p>		Assist the Lead teacher in providing cues, feedback and ensuring all students are on-task	
17:30 - 18:45 mins	<p>Transition back to polyspot circle and re-demonstrate dribbling from the knees. This time with one hand.</p> <p><i>“We are going to practice our dribbling some more. This time I want you to start on your knees and we are going to bounce with one hand and catch with two. Watch me”</i></p> <p>(Dribble the ball with your favorite hand into the hula hoop and then catch with two hands)</p> <p><i>“When I say go, I want you to walk to your orange spots. Go! Now I want you to get back down on the</i></p>			

	<i>orange spots with your knees”.</i>			
	Transition back to the dribbling stations			
18:45 - 28:45 mins	<p>Progressions 3 & 4</p> <p>Progression 3: Same as progression 1 except with one hand. Children are kneeling on polypots.</p> <p>When dribbling with one hand it is important to emphasize using the finger tips/pads and not slapping the ball with the palm of the hand.</p> <p>Progression 4: Same as progression 2 except with one hand. Children are standing.</p>	<p>CUES: On your knees, bounce and catch, 1 hand bounce, 2 hands catch. Use your finger pads.</p> <p>Dribble Skill Card</p> <p>CUES: bounce and catch, 1 hand bounce, 2 hands catch. Use your finger pads. Don't let the ball bounce above your belly.</p>	Assist the Lead teacher in providing cues, feedback and ensuring all students are on-task	
30 secs	Transition back to polypot circle		Pick up equipment	
29-30 mins	<p>Closure:</p> <p><i>“Who can tell me how high the ball should bounce? Belly great job!”</i></p> <p><i>“Should I use my whole hand or just my finger pads? Finger pads, awesome!”</i></p>		Pick up equipment	